

ABSTRACT

An apparatus and method are provided for determining whether a foot has outgrown a shoe. In one embodiment, a shoe comprises an insert that has one or more visible symbols thereon and is capable of absorbing perspiration from a foot. In one embodiment, the shoe may be, for example, a child's shoe. In this embodiment, the shoe is placed on a child's foot, and is worn by the child, during which time perspiration is produced by the child's foot and absorbed by the insert. The insert is then removed from the shoe and examined. One or more markings associated with the perspiration are detected, indicating the placement of the foot in the shoe. The position of the markings in relation to the symbols on the insert is examined. If the markings extend beyond a selected symbol, the child has outgrown the shoe.